

31 Gratitude Journal Prompts

- Name one thing that made you smile today
- Name one thing someone did for you today that helped you
- Name something that you are good at doing
- Name your favorite inspirational book and why
- Name five things you like about yourself
- Name five things you like about your significant other
- Name five things you enjoy the most about your kids
- Name something you did well today
- What is the best thing that happened today
- What do you like most about your job
- What is your favorite task at work
- What personal talent or skill are you most proud of
- Who is your favorite person and why
- Who made you laugh today
- Who inspires you
- Who helps you the most
- What recent goal have you accomplished
- What do you like most about your home
- What is your favorite quote
- What recent opportunity are you grateful for
- What is your favorite quality in your best friend
- What is your happiest childhood memory
- What is your favorite family tradition
- What is something you learned today
- What is something that makes your life easier
- What helps you relax
- What did you enjoy most about the weather today
- What was your favorite meal this week
- What are you looking forward to this weekend
- What is your favorite thing to do on the weekend
- What is your favorite self care routine